



FAMILY NUTRITION NEWS

Cheese

Dear Homemaker,

June is Dairy month!. So it is a great time to feature milk and dairy products in your menus. To give your meals a boost, you will find it easy to use the vast array of dairy products, including ice cream, cheese, sour cream and butter.

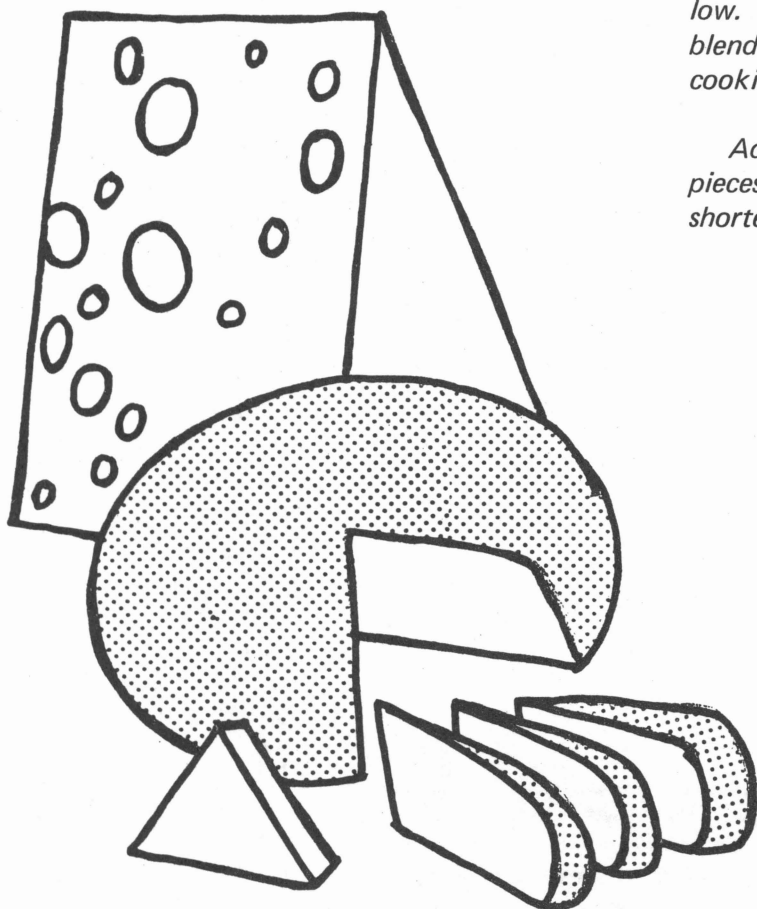
Cheese is a good choice for the thrifty family. Cheese helps build strong bones, good teeth and muscles. Cheese is nutritious and can be used in many ways. It is often used by homemakers in meal planning and food preparation.

When cooking cheese, always keep the heat low. Cheese needs just enough heat to melt and blend with the other ingredients. High heat or long cooking makes cheese tough and stringy.

Add cheese to other ingredients in small pieces - it spreads more evenly and cooks in a shorter time.

Sincerely,

Name and title



USES FOR CHEESE

- Make CHEESE toast for breakfast.
- Add strips of CHEESE to tossed salad.
- Use Cottage CHEESE with fruit.
- Use sliced CHEESE on crackers for a snack.

MORE INFORMATION . . .

CHEESE PUFFS

6 slices of bread	½ teaspoon salt
4 egg whites	2 cups grated cheese
1 teaspoon baking powder	

Cut each slice of bread into 3 or 4 pieces. Toast bread on one side only under broiler. Beat egg whites until stiff. Fold in baking powder, salt and cheese. Spread ¼-inch thick on untoasted side of bread slices. Broil until browned, about 5 minutes. Makes enough for 4.

Try these cheese puffs with soup or stew.

Cheese keeps best in the refrigerator. How long it will keep depends on the kind of cheese and the wrapping. Soft cheese like cottage cheese spoils quickly. Hard cheese like cheddar keeps longer if wrapped so that it won't dry out.

This publication was prepared by Frances L. Reasonover, Extension foods and nutrition specialist, The Texas A&M University System, and Karen Walker and Judy Grubbs, former foods and nutrition specialists, and M. Katherine Beavers, former foods and nutrition specialist — ENP -A, The Texas A&M University System.